



Moccasin Trail

○ N E R A H T O K H A / A P R I L 2 0 2 1

Points of Interest:

- Virtual Caregiver Conference
- April Craft Kits
- Coffee Chats & Senior Health virtual event
- Lawn Care Services
- Tips for Spring
- 5 Tips for Organizing your Refrigerator
- Powerful Tools for Caregivers classes



Have an Eggcellent Easter!

We hope it brings you so much happiness and love. Have fun!

From: the SRMT Office for the Aging Senior Center



March National Nutrition Month

Every March, the Academy of Nutrition and Dietetics creates campaigns for National Nutrition Month that are focused on making informed and healthy decisions when eating. The program was started in 1973 and, by 1980, growing public interest resulted in its expansion. The Academy of Nutrition and Dietetics works with over 100,000 credentialed practitioners to increase public awareness and create public resources for National Nutrition Month. SRMT Office for the Aging's Nutrition Coordinator Janet Terrance put together 70 boxes of food that was delivered to our Home Delivered Meal and Grab-n-Go elders. The food boxes consisted of bread, milk, eggs, cheese, butter, tuna, canned soups, oatmeal, cookies, cereal, pasta sauce and noodles, crackers,



tea, peanut butter and jelly. The boxes went out March 18th, to include with hot lunch, as a surprise. Articles "Personalizing your plate", "Eating right on the go" and "Eating with less added sugars" were included in the boxes and throughout the month Janet sent activity packets and more information with the Home Delivered Meals and Grab-n-Go lunches daily. Thank you Janet and helpers for your hard work!



The Building is CLOSED to the Public until Further Notice. The office is open for staff only.



Virtual Caregiver Conference

for caregivers of those with Alzheimer's disease and other dementias.

TODAY'S THE DAY: TIPS ON SELF-CARE AND FINDING JOY

Featuring:

- A panel discussion with Caregiver Support Initiative Staff
- Key note presentation titled "Today's the Day: Tips on Self-Care and Finding Joy" by author, caregiver, and public speaker, Frank Pastizzo
- Short Q & A session with Frank following the presentation

April 14, 2021
1:00– 3:00 pm

This FREE virtual event is being held via Zoom.

To register, please contact the Coordinator for Education and Training Services, Kristen Fleming at (518) 564-2049.

This program is supported by a grant from the NYS Dept. of Health.

What is Parkinson's Disease?

Parkinson's Disease (PD) is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. Parkinson's symptoms usually begin gradually and get worse over time. Both men and women can have Parkinson's disease. However, the disease affects about 50% more men than women. One clear risk factor for Parkinson's is age. Although most people with Parkinson's first develop the disease at about age 60, about 5 to 10% of people with Parkinson's have "early onset" disease, which begins before the age of 50.

Parkinson's has four main symptoms:

- Tremor (trembling) in hands, arms, legs, jaw, or head
- Stiffness of the limbs
- Slowness of movement
- Impaired balance and coordination, sometimes leading to falls
- Other symptoms might include: depression and other emotional changes, difficulty swallowing, chewing, and speaking, urinary problems or constipation, skin problems, or sleep disruptions.





Akwesasne Cultural Center

Library & Museum

321 State Rt. 37
Hogansburg, NY
13655

Phone: 518-358-2240
Fax: 518-358-2649
Email: akwlibr@northnet.org

April 5th– April 9th is National Public Library Week!

They are planning on having some public activities for National Library Week. They a large selection of large print books, audio books, and DVDs available to be checked out. They also have several new children's books available!



Legal Aid with Linda

Paralegal Linda LaRue from Canton is back taking appointments in our Sunroom. Call our Administrative Assistant Giselle to book an appointment at (518)358-2963. Linda is scheduled to be at the Senior on every 2nd and 4th Thursday of the month.

Thursday, April 15, 2021

Thursday, April 22, 2021



SENIOR CENTER COLORING CONTEST



Helena Lamb



Jimmy Bero

Congratulations to our March Coloring Contest winners Helena Lamb and Jimmy Bero! They will both be getting a free lunch of their choice from a local restaurant delivered by Katie on our Planning Day which is the last Friday of the month.

The next contest starts at the beginning of the month and will end **Tuesday, April 13th by 12:00 p.m.** any senior can participate! You can pick up the coloring page at our building on 29 Margaret Terrance Memorial Way or we can mail it to your home. When your finished, you have the option to drop it off to us any time, just honk your horn at our front door and staff will come out and get it from you. Or you can mail a couple days before the deadline at
Attention: Senior Center, Katie Boots-Lazore
71 Margaret Terrance Memorial Way, Akwesasne, NY 13655.
Just be sure to call Katie to tell her it's on the way at (518)358-2963 extension 3309.

Onerahtokha/April 2021

<i>Kiokierénhton</i>	<i>Tekeníhaton</i>	<i>Ahsénhaton</i>	<i>Kaieríhaton</i>	<i>Wískhaton</i>
 <p>Call the Center if you will not be home for your Home Delivered Meal at 518-358-2963</p> <p>NOTE: Menu is subject to change due to availability of Supplies.</p>			1 Hamburger Gravy Boiled Potato Mix Veggies Roll Mixed Berries w/ Whip Cream	2 CLOSED
5 Easter Meal Ham Mashed Potato Broccoli Roll Cookie	6 Turkey Rice Soup Biscuit Peach Cobbler	7 Spaghetti w/ Meatballs Caesar Salad Garlic Bread Yogurt	8 Strawberry Spinach Salad Cheese Bread Sticks Fruit Cocktail Legal Aid	9 Beef Stir-Fry Noodles Roll Vanilla Pudding
12 Cream of Broccoli Soup Ham Sandwich Mandarin Oranges	13 Sweet & Spicy Picante Chicken Mexican Rice Broccoli & Cauliflower Salad Roll, Pears	14 Chef Salad Breadsticks Banana Pudding	15 Chuck Wagon Mac Salad Chips Fresh Fruit	16 Fish on a Bun Potato Wedges Coleslaw Chocolate Pudding
19 Shake n Bake Pork Chops Boiled Potato Mix Veggies Roll Fresh Fruit	20 Chicken Broccoli Alfredo Roll Muffin Pineapple Chunks	21 Pancakes Sausage Patties Scrambled Eggs Apple Juice Melon Slices	22 Beet Salad Cheese Bread Tapioca Pudding Legal Aid	23 Salisbury Steak w/ Mushrooms Gravy Mashed Potatoes Veggies Roll, Pears
26 BBQ Ribs Rice Carrots Roll Cranberry Applesauce	27 Liver & Onions Boiled Potato Mix Veggies Roll Chocolate Pudding	28 Ham Mashed Potatoes Carrots Black Forrest Cake 	29 Corn Soup Biscuit Cookie	30 CLOSED Planning Day 

Sponsor by: NYS OFA Title III, Title VI Native American Funding, Tribal General Funding



April Craft Kits



For the month of April we have a Faux Faberge Egg craft and a cute Bunny Gnome kit along with some Flower Light kits that are still available.

The Faux Faberge Egg craft is a wooden candlestick holder that you will paint using chalk paint and wax. For the egg you will be using the decoupage method.



In the Bunny Gnome kit you will get everything you need to complete this project and involves some glue or pins.

Please reach out to Joy and Katie in the Activity Department if you would like a kit. While Supplies Last! 518-358-2963

If the month passes and you didn't get a chance to do that craft you wanted, please give us a call and we can still get one to you! Because of the nice weather we haven't been sending out all of our Crafts.



**St Patrick Day Wreath
made by Betty Kelly**



**String of Flower Lights
made by
Dorothy Shatlaw**



**Tree sun beads made by
Debbie Thompson**



CANCER SERVICES PROGRAM OF NENY AND
THE ALZHEIMER'S DISEASE CAREGIVER SUPPORT INITIATIVE



Coffee Chats & Senior Health

FREE virtual event held via Zoom for seniors to discuss a variety of topics related to health featuring guest speakers from the community.

Wednesdays in 2021 from 10:00 a.m.– 11:00 a.m.

Upcoming Guest Speakers/Presentations:

4/7/2021– Shannon Elaine Sorli, CCE Nutrition

4/14/2021– Clinton County Health Department:
COVID-19 Vaccinations

4/21/2021– Anja Bouchard & David Fuller, CEF
Library System– Senior Resources

**For more information or to register please call Kristen Fleming at (518) 564-2049 or
Christina Battinelli at (518) 324-7661**

This program is sponsored in part by the New York State Department of Health

Lawn Care Services

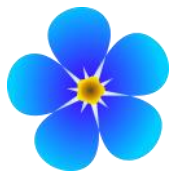
Registration for OFA lawn care services with Andrew Person will Begin Monday, April 12th and End Thursday, April 29th.

Please call Giselle in that time frame, there are limited spots available. **Call Giselle Cook at (518) 358-2963.**

Eligibility:

- Must be 55 years of age or older
- Live within the jurisdiction of the Southern portion of Akwesasne
- Live Alone and lack the support of family, friends, or neighbors
- Incapacitated due to accident, illness or frailty
- Priority is given to elders receiving home care or home delivered meals





Are You Ready for Spring?



Spring has finally arrived! There are certain things you can do now to get ready for spring and the warmer weather. Though most suggestions below are for those living in a house, apartment dwellers can take some of the indoor tips and use those to get ready for spring.

What needs to be done outdoors?

Many of us like to start with the outside of our homes or our yards as soon as weather permits.

- Rake up leaves and debris that have collected over the winter months.
- Check the foundation, roof, windows for any repairs that need to be completed. Clean the windows or arrange for a window cleaner.
- Depending on where you live, start preparing your garden for planting in the next month or two
- Store the outdoor snow shovels and salt and get ready for the lawn furniture and any decorations you might use.
- Make a list of any seeds, bulbs, plants and other items related to your garden.
- Don't forget your vehicle, it's now time for a spring check up and removal of winter tires.

What needs to be done indoors?

Getting the inside of our homes ready for spring means different things to each of us.

- Spring is the time to do any painting that needs to be completed indoors, before the weather becomes too humid; be sure to call your handy man.
- Pack away all those winter clothes and blankets and bring out the lighter bed linens and the summer clothes.
- Freshen your house by cleaning drapes, blinds, giving everything a good dusting and polishing.
- Swap out dark colored throws and pillows for lighter and brighter colors.
- If your home is prone to summer insects or spiders, make sure all cracks are filled. Use natural products such as citrus oil to repel spiders and other insects.
- Put away heavy tablecloths and find bright placemats for the table.

Warmer weather means a more carefree way of living for most of us. We want to enjoy the outdoors as much as we can while the days are long. Figure out what works best for you and keep it simple over the warmer months.



Senior Wellness: The Best Tips for Health in Spring



After a long and sometimes dark winter, you might feel inspired to make changes to **enhance your health**. If that is the case, read on to find out how you can rejuvenate your life this spring. Whether you're living in a senior community already, living independently, living with a family member, or caring for one, these spring health tips are worth taking into account.

Take Yourself in for a Tune Up

To keep your body running at peak performance, it needs regular maintenance: a spring tune-up, so to speak. Get your weight, blood pressure, and glucose and cholesterol levels checked out by your primary-care physician, who can also book you for other relevant **tests**.

In addition, if it's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months.

Finally, if you are finding it difficult to catch what people are saying, especially on the phone, it's probably time to get your hearing tested.

Put on Your Walking Shoes

If you're no fan of ice and snow, your whole world may expand once the spring sun settles in and thaws out the land. And there's no better way to explore the season than by walking. Health-wise, it's one of the best physical activities for seniors – its considerable benefits include controlling blood sugar, supporting bone and heart health and improving sleep.

Not only that, walking in a park or forest is a great way to connect with nature, and, if you join a walking club or hiking group, it can keep you motivated.

Remember to make sure that you choose terrain that is suitable for your current level of activity and balance, and that you wear supportive and comfortable shoes, as these can help **reduce the risk of falls**.

Take an Exercise Class

In addition to walking, get your endorphins flowing by signing up for a low-impact aerobics or other type of exercise class. Consider Yoga, Pilates or Tai Chi, all of which can improve balance and flexibility and decrease your chances of falling. If you have internet access you can get on YouTube.com and search for any kind of exercise you want, from breathing exercises to walking exercises, yoga, or even meditation.

Get Outside and Garden

In springtime, a highlight of many seniors' lives is gardening, which brings a multitude of health benefits. For starters, tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures...

On an emotional level, getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of meditation. On a physical level, digging, planting and weeding can improve strength, flexibility and agility.

Lighten Up Your Diet

Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. In fact, cut down your chances of developing conditions, such as heart disease, stroke, diabetes, and arthritis, by making a complete dietary overhaul.

Consider cutting down on red meat and processed foods, replacing white flour with whole grain flour, and increasing your intake of produce as well as healthy fats such as olive oil and avocados.

Remember that you should never undertake a new diet or exercise plan without consulting your doctor about what will be safe for your current level of health.

Drink Lots of Water

As you age, your ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

As a rule of thumb, aim for at least eight cups of water per day, and be conscious about the type of fluid that you ingest, choosing water, herbal tea and fresh vegetable juices over coffee, fruit juices or sugary sweet soft drinks.

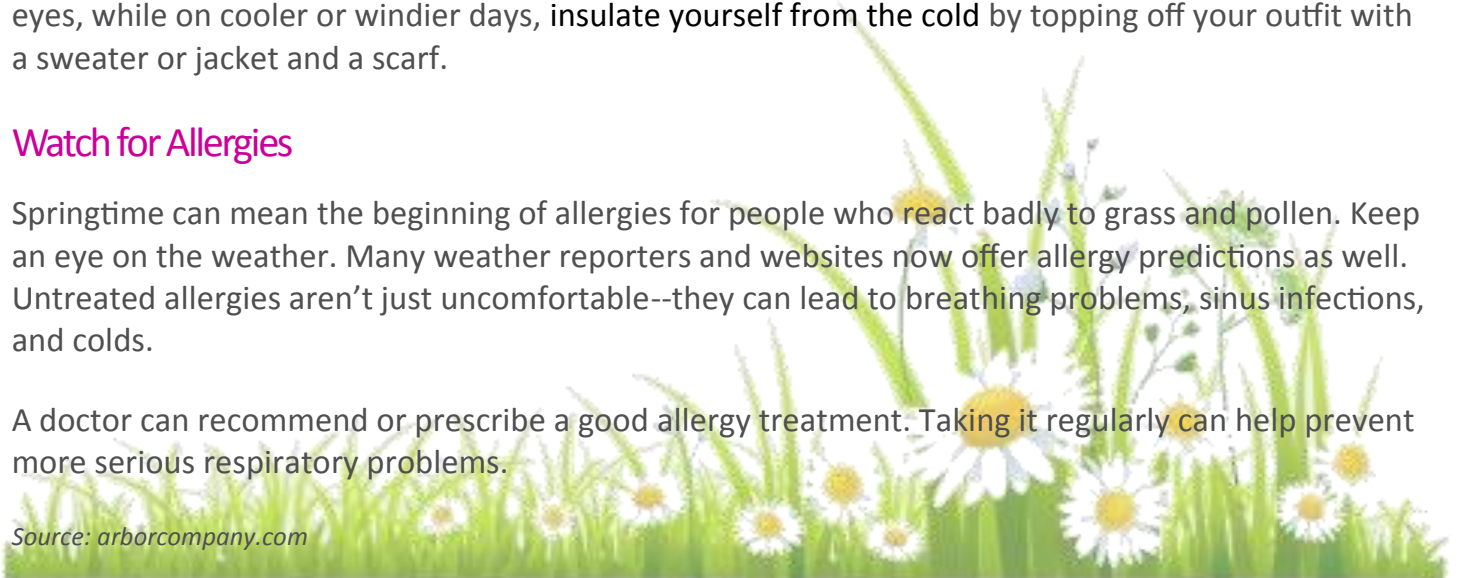
Dress for the Weather

Spring is one of those in-between seasons -- some days are weather-perfect, while others are a little too hot or a little too brisk. When the sun is shining brightly, always wear sunglasses or a wide-brimmed hat to protect yourself from ultraviolet rays that can adversely affect your skin and eyes, while on cooler or windier days, **insulate yourself from the cold** by topping off your outfit with a sweater or jacket and a scarf.

Watch for Allergies

Springtime can mean the beginning of allergies for people who react badly to grass and pollen. Keep an eye on the weather. Many weather reporters and websites now offer allergy predictions as well. Untreated allergies aren't just uncomfortable--they can lead to breathing problems, sinus infections, and colds.

A doctor can recommend or prescribe a good allergy treatment. Taking it regularly can help prevent more serious respiratory problems.



5 Things Nobody Tells You About Organizing Your Refrigerator

1. Keep greens and fruits separated: The ethylene from fruits can result in vegetables spoiling prematurely
2. Meats should be sorted on the lowest shelf
3. Designate shelf space by category
4. A disorganized fridge could lead to food waste and over filling can lead to blocked air vents and reduced energy efficiency
5. The warmest spots in your refrigerator are inside the door, so don't store milk in the door

Did you know that opening and closing your refrigerator door wastes 50 to 120 kilowatt hours (kWh) per year? What does that mean? Well, 50kWh of energy could run your dishwasher 20 times and 100kWh could run your washing machine 50 times according to the Institute of Food and Agricultural Sciences at the University of Florida.

When your refrigerator is organized and has a system in place, you will spend less time with the door open, saving energy and money! You will be able to make better purchasing decisions since you will easily know what you have before planning shopping trips. After each grocery trip, move the older items to the front of the fridge so you'll think to use them before they spoil preventing waste. Being able to see everything clearly will also help you make healthier choices!



For the shelves above the produce drawers, create an area for dairy items such as milks, eggs, yogurts, cheese, etc.

Keep ready-to-eat foods on middle and top shelves and most importantly, make sure you have a designated spot for leftovers so that nothing gets left behind, or forgotten about.

Containment is key! If drawer space is limited, use fridge bins to contain foods by category, continuing to place "likes with likes." These bins can serve as drawers in your fridge, creating easy access to the items in the back of your fridge – so that food doesn't get lost or forgotten about.

You can even use a lazy Susan in the fridge to store items like sauces and bottles.

Satonhá:ren tsi Sahsiërite

Best Wishes on your Birthday and throughout the coming year!

- | | | |
|---------------------|------------------------|-----------------------------|
| 1- Lilly Swamp | 10- Betty Kelly | 22- Isabell McDonald |
| 2- Sally Hamelin | Beverly Ray | 25- Gail White |
| Nancy Jacobs | 11- Nelson Leaf | 27- Marvin Ward |
| 3- Ellen Savage | 12- Michael "Jr" David | Diane Connors |
| Bettie Jacobs | 13- William Loran | 28- Irene Ward |
| Mamie David | 14- Janice M. Brown | 29- Linda McElwain |
| 6- Angela Mapes | Pat Tarbell | 30- Louvina Donaldson |
| 7- Cecelia LaFrance | Ann Marie Laughing | |
| Felicia Jock | 17- John Oakes | Bold are Saint Regis |
| Joan Mitchell | 18- Giselle Cook | Mohawk Senior Club |
| Lil Singleton | 19- Paulette Reid | Members |
| 9- Phyllis LaMay | Stacey Thomas | |
| Marion Shelton | 21- Gladys White | |
| | Arthur Benedict | |

Powerful Tools FOR Caregivers

6-week series

Monday's April 5– May 10, 2021

1:00 pm– 3:00 pm

Must attend all 6 sessions

This 6-week series will help caregivers:

- Reduce stress
- Improve self-confidence
- Balance their life
- Better communicate their feelings
- Make tough decisions
- Locate helpful resources



Caregivers must have their own computer with webcam, microphone, and internet. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

To register contact:

Kristen Fleming, kflem004@plattsburgh.edu

Jodie Smith, Jodie.Smith@dfa.state.ny.us

(518)564-2049 OR (518)746-2342

This program is sponsored in part by a grant from the NYS Dept. of Health and through Federal, State, and Local funds through the New York State Office for the Aging. Offered in collaboration with Office for the Aging and Disability Resource Center and Alzheimer's Disease Caregiver Support Initiative.



St. Regis Mohawk Office for the Aging
71 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 PERMIT # 4

If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web Page:
www.srmt-nsn.gov/office_for_the_aging

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**